

Date: February 11, 2000

DSL-BQA-00-021

To: Nursing Homes
Facilities for the Developmentally Disabled
Hospices
Nurse Aide Training Programs

NH 10
FDD 07
HSPC 06
NATP 03

From: Jan Eakins, Chief
Provider Regulation and Improvement Section

cc: Susan Schroeder, Director
Bureau of Quality Assurance

**Quality Improvement Information:
Providing A Quality Life While Avoiding Restraints**

This clinical practice guideline was developed to assist nursing homes in training families, staff, hospitals and physicians about the benefits of freedom from restraints and the risks of using restraints. Many different types of providers are currently dealing with restraint reduction issues and will benefit from using the concepts and resources in the guideline, especially hospitals and facilities for the developmentally disabled.

Providers, provider associations, the Board on Aging and Long Term Care (the Ombudsman program) and the Bureau of Quality Assurance (BQA) collaboratively developed this resource. The guideline was successfully piloted in five different types of Wisconsin nursing homes and these nursing homes were able to reduce restraints without an increase in serious injuries.

This guideline is not a regulatory requirement, but it is consistent with federal and state regulations if properly implemented. It is a tool for quality improvement that providers can integrate into their policies, procedures and training programs for clinical practice. The guideline will soon be available on the Department of Health and Family Services (DHFS) web site at:

http://www.dhfs.state.wi.us/rl_DSL/Publications/BQAnodMems.htm

A videotape of provider presentations about their piloting experience is available. This video is not a training video that would “stand alone,” but it would be useful for trainers to view before using the guideline. For information on borrowing this video, please call Leann Graffin at (608) 267-1438.

Information on obtaining the videotape training series “Everyone Wins” is in Appendix B of the guideline.

Questions about the guideline may be directed to Dinh Tran, Social Services Consultant, Provider Regulation and Quality Improvement at (608) 266-6646.

You are encouraged to copy and distribute this information.